



Women Veterans Informer

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Volume 1, Issue 6

May 2014

Message from your Women Veterans Coordinator

May is women's health month. I don't know about you but I always find myself putting everyone else's needs before my own. This month I am going to try to put myself first for a change and learn some new ways to keep myself happy and healthy. I am going to start walking at soccer practice three days a week instead of sitting in a chair and watching the kids exercise. I am going to try to cut down on my soda intake and cook healthier meals (my kids will probably miss all of the fast food.) Of course the summer season is fast coming upon us so the bathing suit and shorts must come out of storage. That means that I cringe just a little bit more when I step on the scale. What kinds of things will you do during women's health month to take care of you? Please be sure to check out all of the wonderful offerings that the VA will be providing for Women Veterans this month.

We have been busy here at NDVS over the past month with outreach events and job fairs. I have also been planning events in Elko and Reno. The Elko event is scheduled for May 16th from 6-9pm at the Hilton Garden Inn. The June event is scheduled for June 14th from 10am-pm at Renown. I am happy to say that both events are coming along nicely. I am still looking for class suggestions for the June Reno event. If you have something that you would like to see there please let me know.

The planning for the Northern Nevada Veterans Home is continuing full steam ahead. NDVS will test the first room design for the Northern Nevada State Veterans Home (NNSVH) project on May 8, 2014. The room test will be conducted at the Nevada State Veterans Home in Boulder City beginning at 9am with an actual room setup where the public and residents will be able to test room features for the proposed NNSVH.

In addition to staff and residents, the general public is invited to view the room test beginning at 9am which will give family members the opportunity to see the proposed NNSVH room. A future presentation is scheduled for Northern Nevada. "From this test, we'll be able to incorporate suggestions and make adjustments," says Miller. "Then we'll be planning a second presentation in Northern Nevada later this year." Plans for the Northern Nevada Veterans Home will be part of the NDVS focus during the 78th Nevada State Legislature for consideration of funding.

Event information: May 8, 2014

Time: 9a -12 noon – Media and General Public view

Location: Nevada State Veterans Home, 100 Veterans Memorial Dr., Boulder City

Sincerely,

Yvonne Betron , Women Veterans Coordinator



Las Vegas



Families are invited to enjoy pony rides and a petting zoo from 10 a.m. to noon May 6 and 20 at J.R. Pony Parties, 1744 Leonard Lane. Admission is \$5. Visit jrponyparties.com or call 702-340-3814.

Spirit of '45 World War II Banner of Honor is scheduled for adults 50 or older at 10 a.m. May 7 at the Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Participants are invited to bring photographs of family and military from World War II to be scanned and displayed at the Spirit of '45 event. Personal stories of the day the war ended will also be recorded. Admission is free with a \$2 annual membership to city of Las Vegas senior citizen programs. To register, call 702-229-1702.

The College of Southern Nevada is scheduled to host a solo exhibit by CSN professor of printmaking and drawing, Anne Hoff, through June 6 at the CSN Fine Arts Gallery, 3200 E. Cheyenne Ave. Hoff's **"Seeking Silence"** is set to be open to the public from 9 a.m. to 4 p.m. Monday through Friday and 10 a.m. to 2 p.m. Saturdays. Call 702-651-4146 or visit csn.edu.

"Galaxy of Stars 2014" is slated for 2 p.m. May 18 in Santa Fe Station's Chrome Showroom, 4949 N. Rancho Drive. Doors are set to open at 1 p.m. The cost is \$15 cash at the door. Proceeds from the show will go to the Institute for Veterans and Military Families.

Jazz Under the Stars is scheduled to begin at 6 p.m. every last Thursday of the month at The Deck, poolside at the Aliante, 7300 Aliante Parkway. Tickets are \$15. Visit aliantegaming.com.

Line dancing for adults 50 or older is set at 2 p.m. Thursdays and 10 a.m. Fridays at the Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Admission is free with a \$2 annual membership to city of Las Vegas senior citizen programs. Call 702-229-1702

The Las Vegas Farmers Market is scheduled to set up from 10 a.m. to 2 p.m. the first and third Saturday of each month at Floyd Lamb Park at Tule Springs, 9200 Tule Springs Road. Admission to the park is free during the market. Visit lasvegasfarmersmarket.com

The Gilcrease Nature Sanctuary is open from 9 a.m. to 5 p.m. Mondays through Saturdays at 8103 Racel St. The sanctuary is home to birds, pigs, goats, llamas, donkeys, reptiles and more. Visit naturesanctuarygilcrease.org.

Coffee Cup Skate, an open skate for anyone 45 or older, is scheduled from 12:45 to 2:15 p.m. Mondays and Wednesdays at the Fiesta Rancho SoBe Ice Arena, 2400 N. Rancho Drive. Admission is \$5, and the arena provides coffee and cookies. Visit fiestarancholasvegas.com or call 702-638-3785.

Elko



*Guest Speaker Betty Moseley-Brown,
Associate Director Center For Women Veterans
Please Join the Nevada Department of Veterans
Services on May 16, 2014 at the Hilton Garden Inn,
3650 Idaho Street, Elko, NV from 6pm-9pm for a
special dinner to celebrate Women Veterans.*

For questions or to RSVP please contact:

Yvonne Betron 702-486-3830

betrony@veterans.nv.gov

Cathy McAdoo 775-934-1649

pacecoalition@frontiernet.net

RSVP no later than May 5, 2013.

*Space is limited and available on a first come first served basis.
Special Thanks to the PACE Coalition for their assistance in putting
together this wonderful event.*

Reno



This years Women Veterans Events are focused around the motto **"SHE SERVED SO THAT WE COULD LIVE FREE"** On June 14th from 10am-4pm the Nevada Department of Veterans Services is going to hold their second women veterans event. Classes that have been arranged to date are an stress management class, computer tips/tricks and jobs growing in popularity in the technology field. Other classes and vendors are in the works. If you have any ideas for additional classes or vendors please send the information to me.

"Under the Big Top" - Animal Awareness & Pet Adoption Event

Sam's Club Parking Lot
4835 Kietzke Lane
Reno, NV 89509
May 10, 2014
Details: 775.829.7900

Dogs, Cats and Burros - "Oh My!" Join Sam's Club and various Northern Nevada Pet Adoption agencies for "Under the Big Top" - Animal Awareness and Pet Adoption Event on Saturday, May 10th from 10AM - 3PM. Bring the family out for a day of fun, and support the many non-profits in our area. Kissing Booths, face-painting and the opportunity to find a new family friend!

Chili On The Comstock

C Street
Virginia City, NV
May 10 - 11, 2014
Details: 775-851-4444

Come and get your share of many different chili's.

Tanner's Marketplace - May

Next to Winco
2863 Northtowne Lane
Reno, NV
May 10 - 11, 2014
Details: 775-741-9524

NEW LOCATION

Please note we will be in the former Walmart building next to Winco for this show only

Don't miss out on Reno's only remaining Antiques and Collectibles show, now with Art and Hand-crafts - four weekends in 2013 at the Reno Livestock Events Center.

We will have dealers from California, Oregon, and Nevada. Tanner's Market is a wonderful place for your personal treasure hunt. You never know what you will find here. It's also a great place to find those vintage pieces for your current Artsy project! ReUse RePurpose ReCycle!

You will also find - Midcentury Modern - 1950's 60's 70's, Stamps, Shabby Chic, Art Deco, Architectural Salvage, Vintage Clothes, Furniture, Books, Glass, Pottery, Coins, Postcards, Bottles, Primitives, Militaria, Crafts - and a wide variety of smalls. There will be lots of new and great finds for you to add to your collections.

We will be holding a food drive to benefit the food bank. Bring a can of food and get \$1 off the price

Scheels Kids Klub: Lawn Games

Scheels
1200 Scheels Drive
sparks, NV 89434
May 12, 2014
Details: 775-331-2700

Time: 6:00 PM. Cost: FREE. Registration: No pre-registration is required. Age: 4 - 12 are encouraged to participate. Join the Scheels Lawn Games Expert to learn all about the new fun games you can play this summer with your family and friends! Please meet at the freshwater aquarium. All kids will receive a FREE ride on the Scheels Ferris Wheel.

Paint & Sips (for ages 21 and up only)

VSA Nevada at the Lake Mansion
250 COURT ST
RENO, NV 89501
May 13, 2014
Details: 7758266100 x3

Join us for an evening of entertaining, stress free art instruction with a little bit of paint, a little bit of wine and a whole lot of fun! Teaching artist Elizabeth Brooks guides you in transforming Henri Matisse's "Goldfish" painting into your own 16" X 20" acrylic masterpiece that is uniquely yours. This class is great for all levels and especially for anyone who wants to unlock their inner artist in a fun social setting. The class takes place 5:30pm - 8:30pm. Details: www.vsanevada.org or (775) 826-6100 ext 3# Cost: \$30, includes supplies. BYO wine/beer and appetizers. VSA Nevada at the Lake Mansion 250 Court St. (at the corner of Court St

Mother, Daughter Succeed Together

By Army Sgt. Angela Parady
121st Public Affairs Detachment

AUGUSTA, Maine, April 30, 2014 - When Michelle Silvermane first said she was thinking about going into the military, Amber Silvermane thought she was out of her mind -- she never thought a mom could do something like that. Women make up less than 14 percent of the Army's ranks, and less than 10 percent of military recruits are older than 35, so it is no wonder her mom's seemingly abrupt decision came as a shock to Amber. Struggling to overcome physical fears and complacency, the 37-year-old was determined to realize a dream she had held onto since she was young, and she was going to convince her daughter to join her.

Amber and Michelle enlisted in the Maine Army National Guard in 2007, less than a month apart from one another. Thanks to a sergeant at the Military Entrance Processing Center, they were enrolled in a buddy program, meaning they would stick together during their training. They went through basic training at Fort Jackson, S.C., then continued on to their advanced individual training at Fort Sam Houston, Texas.



"Amber enlisted in January, and her mother, who also works full-time for the Maine National Guard at Camp Keyes here, enlisted the next month. The two were matched up, and left for basic training that November.

"I knew mentally, I could do it," said Michelle, a healthcare specialist for the Maine Army National Guard Medical Detachment, and full-time case manager for medical and behavioral health. Her own life experiences would give her an advantage over some of the younger recruits who may have a difficult time being yelled at or ordered around, she said, adding that she knew she could look past the yelling and screaming and see the idea was to create a mentally tough and disciplined soldier. But changing her mindset as a 37-year-old wife and mother was more difficult than she thought, she said.

"I went from being the one who organized everyone's lives, the one who made sure they did what they were supposed to, when they were supposed to, and were where they were supposed to be, to being told what to do and when to do it," she said. "I think that was the hardest struggle for me."

While both women were ready to help each other along the way, they said, they also were ready to be successful independently. But Amber recalled when her mother was almost sent back because she was going to fail basic rifle marksmanship.

My mother is an extraordinarily smart woman. She is driven and passionate, but can be easily discouraged," Amber said. "To this day, she struggles with shooting. After a day at the range, we would come together and she would be tearing herself apart. I would look at her and tell her, 'You are smart enough, driven enough; you have to stop talking yourself out of things. You have to stop being so detrimental to your own progress.'"

That blunt support helped the team graduate from basic training together, and quickly reversed roles when they both arrived in Texas for their health care specialist training. Michelle would have to rein Amber in at the end of a long day of classroom activities, almost forcing her to focus and study so that they could make it through together.

"She wanted to go for a walk, go to the gym or the PX, but there was a very real chance that she wasn't going to make it through AIT the first time if she didn't buckle down," Michelle said. "I would tell her, you are not getting recycled, not here, not now. Open that book. We are going to study and we are going to get you through this."

Now, they work doors away from one another, and get lunch together nearly every day. Amber said her mom has become a personal counselor for her, and one she doesn't have to pay for. Because they both live and breathe the Army life on a full-time basis, she said, they understand a lot of the same things.

"You don't always know who you can talk to -- who will keep what you say confidential," Amber said. "But I can tell my mom anything. She can tell me anything, [and] it doesn't go anywhere. She gets me."

White House Launches One-stop Shopping for Vets Seeking Jobs

By Terri Moon Cronk
American Forces Press Service

WASHINGTON, April 23, 2014 - First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, today launched the Veterans Employment Center, the first online one-stop shopping tool for veterans, transitioning service members and spouses in search of employment. The announcement was made at a third-anniversary celebration for their "Joining Forces" initiative at Fort Campbell, Ky.

Joining Forces mobilizes all sectors of American society to support service members, veterans and their families.

The Veterans Employment Center is designed to connect veterans and transitioning service members with employers and help translate military skills into the public- and private-sector civilian workforce.

"Our service members haven't always had the time or information they needed to prepare their resumes, to plot their career goals, to meet with employers and get the jobs they deserve. And that's simply not acceptable," the first lady said. "As my husband has said, when you've fought for this country around the world, you shouldn't have to fight for a job when you return home. "Starting today," she continued, "every single service member, every veteran, and every military family will have access to a new online tool that will revolutionize how you find jobs in both the public and private sectors."

The online tool is available at <http://ebenefits.va.gov>.

"Our service members transitioning to civilian life, as well as their spouses, deserve the resources they need to be successful," Defense Secretary Chuck Hagel said in a White House news release. "Through this effort, they are getting that help. Our troops and their spouses are proven leaders, highly skilled and hard working. Employers hiring them are getting the best this nation has to offer."

The center is the result of an interagency effort to improve, simplify and consolidate the existing array of employment resources for veterans, officials said. It also will provide a single, comprehensive database of resumes for employers who seek to leverage the skills and talents of veterans, service members and their spouses.

The new online resource is the first interagency tool to bring together a wealth of public and private job opportunities, a resume-builder, military skills translator and detailed career and training resources. In connection with Joining Forces, DOD and the departments of Veterans Affairs, Labor and Education and the Office of Personnel Management worked with employers to design and develop the site and incorporate features of existing online employment tools within government.

"Veterans deserve an authoritative source for connecting with employers," said VA Secretary Eric K. Shinseki. "The online Veterans Employment Center is the single, federal source for veterans looking for new career opportunities, service members transitioning to the civilian workforce, and spouses and beneficiaries looking to connect with job opportunities."

With this tool, employers will be able to search and view veteran, service member and spouse resumes in one location.

Sailor Plays Hockey on Japanese Team

By Navy Petty Officer 3rd Class Erin Devenberg
Naval Air Facility Misawa



Navy Petty Officer 2nd Class Samantha Rubin, center, keeps an eye on the puck as her teammates from the Misawa Ice Hockey Club maneuver toward the goal. Rubin has played on the team for three years while assigned to Navy Information Operations Command Misawa in Japan. U.S. Navy photo by Petty Officer 3rd Class Erin Devenberg

MISAWA, Japan, April 8, 2014 - In a little corner of northern Japan, you will find the snowiest U.S. naval base in the world. Surrounded by the country roads and hills of Aomori prefecture, you would think there is not a whole lot to do in Misawa. But many of the military members stationed at Misawa Air Base, will assure you otherwise.

One such sailor, Navy Petty Officer 2nd Class Samantha Rubin, a Suffern, N.Y., native, joined the Misawa Ice Hockey Club, a local team that plays in the Japan Aomori-ken Amateur Ice Hockey League.

Rubin not only is one of the few Americans on the team, but also is the only woman.

"I'm accustomed to being the only female player on the hockey teams I've joined," she said. "At first, I kind of get that stigma that I'm just a girl, but I don't play the fragile girl card. If I get knocked down, I get back up and keep playing."

Rubin began playing street and roller hockey at age 6, which eventually emboldened her to try out for an ice hockey team during her senior year of high school. She's been playing ice hockey ever since.

After joining the Navy in 2010, she reported to Navy Information Operations Command Misawa in December 2011. It took less than a month for her to become a member of the Misawa Hockey Club, and she's been an avid player and spokeswoman for the team ever since.

"Sami is an important player on our team," said teammate Daisuke Sato. "She has a big heart, and she's good." Since a young age, Rubin said, she has always been fascinated with hockey. She recalled her earliest memory of attending a game.

"When I was very young, my family went to a National Hockey League game, and we watched the New York Rangers play," she said. "I noticed that the players were taking the time to stop, high-five their fans and sign autographs on their breaks, which showed me that they're really down-to-earth people. This gave me the idea that I wanted to be a good role model like that, and it helped me decide that this is what I'd like to do." Since those early years, Rubin has consistently made this dream a reality, even while on active duty in the Navy. In addition to her success on the ice, she has succeeded in her naval career. In December, she was named her command's 2013 Junior Sailor of the Year.

"Petty Officer Rubin is an invaluable member of our NIOC Misawa team," said Navy Senior Chief Petty Officer Daniel Nash, originally from The Woodlands, Texas, the NIOC Misawa Operations department's leading chief petty officer. "Much like she leads her team on the ice, Petty Officer Rubin comes to work every day with that same grit and tenacity that makes her stand out amongst an already stellar group of sailors. We're proud of what she's achieved here in Misawa, and certainly consider her our MVP."

Rubin said she always will appreciate the experiences and opportunities she's had here, both personally and professionally, and will carry them with her throughout her burgeoning naval career. Later this year, the cryptologic technician transfers to Navy Information Operations Command Maryland.

"Not everyone can say they played their favorite sport in another country with the local community," Rubin said. "I think I will always cherish the camaraderie I shared with my teammates on the Misawa Ice Hockey Club. They have become my family while forward deployed to Misawa, and I am honored to not only call them my teammates, but consider them my close friends as well."



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NV Women Veterans
Coordinator

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Web Sites

Green Zone Network
"Get connected with the Ne-
vada Veteran Community"
Employment, Education and
Wellness
www.greenzonenetwork.org

Nevada Department of Veteran
Services General Information
(866) 630-8387
Visit www.veterans.nv.gov for
information concerning:
Nevada State Veterans
HomeSouthern and Northern
Nevada Veteran Memorial
Cemeteries
Veterans Rural Outreach
"ROVER" Calendar



"Serving America's
Heroes"

Women Veterans Program

Vision

Nevadans across the state understand and celebrate the legacy of America's servicewomen and **all** Nevada women veterans understand and have access to benefits to which they are eligible.

Mission

To provide women veteran benefit and activity information; resolve women veteran problems or refer veterans to NDVS service officers and other beneficial service providers for assistance; and to develop programs and activities that ensure Nevada women veterans understand, and are able to obtain, any aid or benefit to which they may be eligible.

Submit Pictures and Articles

To submit articles and pictures for publication in the Women Veterans Informer please email the women veterans coordinator at:
betrony@veterans.nv.gov

Nominate a Woman Vet for Veteran of the Month

To read the Veteran of the Month Guidelines and access submission forms please go to:
http://www.veterans.nv.gov/Vet_of_the_month.html

Men and women across Nevada who have made a significant contribution will have achieved excellence by going above and beyond the call of duty specifically with respect to volunteer work in support of veterans and the military, we're going to recognize their service," stated Governor Sandoval in his presentation. "It will be an opportunity for all of us to shine a bright light on the work veterans continue to do for our nation." The program is managed by the NDVS and we continue to ask for your help in

nominating possible candidates so we may recognize veterans who contribute time and effort for the betterment of our state and the veteran community. Submissions will be reviewed and chosen by the members of the Veterans Service Commission (VSC) at its quarterly meetings.